



Spectrum

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Sacred Heart University

Got turkey?

By Danny Luciano
Contributing Writer

Thanksgiving is a week away and Sacred Heart University students are getting ready to head home for the annual turkey fest. But the traditional thanksgiving meal of turkey, stuffing, vegetables and pumpkin pie receive some adjustments for much of the student population.

Some of the items that SHU students will dine on next week may surprise the Thanksgiving traditionalist.

Many students do enjoy the normal foods, but with an added twist as Anne Brodnitzki, a sophomore from Norwalk, points out. "Candied yams with marshmallows are a must. We can't

eat without them."

Susan Magnano, a sophomore from Sloatsburg, N.Y. said, "I like fried vegetables on Thanksgiving. Something like fried zucchini or fried tomatoes."

Many students dine on foods connected with their cultural backgrounds. Jeff Hoose, a senior from New Milford said, "We all have the usual stuff, but someone always makes some sort of macaroni, which is common for Italians."

Although from Venezuela, senior Jose Beria still eats some of the traditional dishes along with some dishes from his home country. "We eat rice and beans and other

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Photo by Chris Eaton

SHU students like Kelly Bennett and Kim Almida can't wait to drop the Flik food and have some home cooked meals next week when they go home for Thanksgiving.

Career office becoming hot spot at SHU

By Melissa Greenhalgh
Staff Writer
Department Profile

Everyone has an idea that Sacred Heart University's Career Development office can help each student with their resumes or finding a job after graduation. However, they don't just help the seniors, they provide services for every class and individual that attends SHU.

All freshmen, sophomores, juniors and seniors can stop over at the career development office

for tips about changing majors, finding out what events they will be holding, setting up job interviews and internships and paving the way for the future.

Career Development is constantly communicating with SHU faculty and students to let them know they are here to help.

"This is the second year that we have been visiting every single freshman seminar class," said Lucy Cox, assistant director of Career Development. "We do a lot of self assessment with our freshman to help them explore different areas and find out what

they are interested in. This helps them come to the decision of a major."

Career Development also works heavily with sophomores with undecided majors. They view each major with the student and help with self-assessment to find his or her strengths.

Juniors will start to receive mail over the summer about resume deadlines and recruitment days, which are usually held in the fall and spring.

As for seniors, the career office helps them find relevant work experience before graduation,

so one can learn what is out in the real world.

The Career Development offices has also added some new faces, including Patricia Klauser, who now works full time with students. "I am here for all and focus on self assessment, which is what is important to them and how they come to making decisions," said Klauser.

Klauser deals mostly with the undecided majors and helps them to explore more deeply into their interests and what they can learn about themselves and the world.

Career Development's fall recruiting day is from 9 a.m. to 4:30 p.m. on Dec.1 in the SHU library. Companies from all over will have scheduled interviews set up with students, but also an hour or two for open time with anyone else attending. There will be 54 recruiters from 40 different companies.

JobDirect.com was also installed at SHU so students can post their resumes directly through the university.

Spring Recruitment day will be on March 23, with the resume deadline on Feb. 12.

Nationally renowned chemistry professor visits campus

By Kerry Freel
Staff Writer

Bassam Z. Shakhshiri, a self described, "Scientist by training, teacher and public servant by trade, advocate by conviction and optimist by nature," spoke at Sacred Heart University last Wednesday in the Theater. He is a general chemistry professor at the University of Wisconsin.

Shakhshiri received a

degree in chemistry from Boston University. He earned a master's and Ph.D. in chemistry from the University of Maryland.

He has performed shows that packed houses at the University of Wisconsin, the National Academy of Sciences, the Smithsonian's National Air and Space Museum in Washington and Boston's Science Museum. His show, Once Upon a Christmas Cheery / In the Lab of



Bassam Z. Shakhshiri Shakhshiri, airs on PBS and other stations.

Shakhshiri has been featured in the New York Times, Washington Post, Newsweek,

Time, NBC Nightly News, CNN and the Larry King Show. Originally from Lebanon, this son of a physician now travels the world trying to give people a greater appreciation for science.

He explains that the purpose of education is to enable individuals to fulfill their human potential.

Shakhshiri demonstrated how flash paper treated with chemicals burns brightly and then disappears into the air in a puff.

As he continued to talk, certain substances reacted and he asked the audience to observe the substances in a beaker while they oscillated, changing colors.

The mixture would be blue for a few seconds, then switch over yellow and back to blue.

Shakhshiri blew up a balloon inside a mug and then turned it upside down. The mug did not fall, he said, because of

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Continued election coverage...	More birthday announcements...	Study of the Catholic faith...	'Robin Hood' playing now...	Football bounces back with win...
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News Briefs

Special Thanksgiving dinner Monday

Flik will be hosting a Thanksgiving dinner feast from 4:30 to 9:30 p.m. on Monday in the cafeteria. Fresh baked apple pies will be on sale for \$7.99 among other things.

Yearbook retakes ending this week

If you don't like your proofs from the photography company, or missed the first chance to have your senior portraits taken, retakes will be the week of November 13, 2000 in the Prologue Office.

Log on to www.ouryear.com using school access code #328 or call 1-800-ouryear to book your appointment.

This is your final opportunity. Remember that if the yearbook's photography company does not photograph you, your photo will not be placed in the yearbook.

Contact Julie at 371-7962 with any questions.

State of the University Address coming up

The third annual State of the University Address is coming up at 7 p.m. on Nov. 29 in the Theater. SHU students will have the opportunity to voice their questions and concerns to SHU administrators.

Business opportunities waiting for students

Those who are interested in a career in the finance industry have a chance to meet with professionals in the industry to identify what it takes to land that perfect job, and most importantly to succeed once you have it.

Information regarding jobs for seniors and internships for underclassmen will also be available. Join the Finance and Economics Club Monday in the Board Room at the Pitt Center.

-Compiled by Brian Corasaniti

Parties recruited Florida college students for election

By Matthew McGuire
TMS Campus

The necks of America may have experienced whiplash but its eyes remained on Florida until the state awarded its 25 electoral votes. In an election that will be decided by the slimmest of margins in Florida, the college vote may never have been so important.

Partisan originations on Florida campuses did what they could to get often considered apathetic students to cast their ballot, from phone banks to registration drives, palm cards to lawn signs.

Florida State University college democrats held an absentee vote drive, which culminated in a short march to the state capital where about 1,500 students mailed their absentee ballots, said democratic chapter president Dorothea Lantz.

"There's only so much you can do with the student population. But I really feel like we did all we could to get out the vote," Lantz said.

While some groups focused on mobilizing absentee voters, others registered students at their new college address. After canvassing the dorms on the Gainesville campus of University of Florida, the college republicans identified potential Texas Gov. George W. Bush voters and helped students fill out change of address forms.

"About 50 percent of the students we hit up filled out change of address forms. The other half we were registering for the first time, which is a shame," said organization chairman Dan Soyka.

Soyka admitted that the University of Florida campus usually leans left, and said he was surprised with the republican involvement on the campus.

The college republicans' chapter grew to include over 600 students, which brought out a huge republican vote on campus, he estimated.

The college democrats on the Gainesville campus also tried to energize voters with a string of visits by left-wing politicians from the Rev. Jesse Jackson to satirist Al Franken, said Mark McCullough, president of the University of Florida chapter of college democrats.

Both Gainesville groups, however, seem to have done their jobs, as one campus area precinct reported around 1,300 student votes, up from 54 two years ago, McCullough said. But was it enough to nudge Bush into victory?

Soyka said he was all but positive Bush had taken the state.

"I'm very confident," he said. "It was kind of a scare last night when CNN and NBC prematurely awarded Florida to [Vice-President Al] Gore, but at things wore on we knew that

Florida would eventually go to Bush."

So confident, Soyka admitted, he was still trying to "sleep off part of last night's celebration," which he hosted in his backyard.

The major television news organizations — CNN, NBC, ABS and CBS — awarded Florida's 25 electoral votes to Gore before many of the polls in the Panhandle section of the state had closed. That may have discouraged some voters to come out, believes Lantz.

"I'm pretty upset that the media awarded the state of Florida to Gore way before it's time — before many of the polls closed," she said.

"I think it's a done deal. Especially when they count the absentee ballots from overseas that were sent mostly by those in the military, who tend to be conservative. Then — well, you fill in the blank.... Whatever they're doing now is just to make people feel better about [Bush's victory]," added Lantz.

After awarding the state to Gore, news organizations decided it was too close to call. Hours later it was awarded to Bush, only to be taken back a second time. McCullough uses the flip-flop to be optimistic about Gore's future.

"It's not over until the fat lady sings, and she's sang twice already," said McCullough. "We're hoping the third time's a charm."

Forum encouraged local students, residents to vote

By Gabriel Bonnani
Contributing Writer

Local political candidates told HCC students, members of the college community and area residents at the first Political Forum Oct. 25 to make their votes count.

Over a dozen candidates representing the municipalities in the school's service area shared their positions with members of the sponsoring Black Student Union and over 200 attendees assembled in the Performing Arts Center from 7 p.m. to after 10 p.m.

The four candidates for Connecticut State Senate were:

Alvin Penn, D, Bridgeport, incumbent from the 23rd district who held his seat to Joseph Borges; Michael Singh, D, Stratford, a first-time candidate from the 21st district who lost to incumbent George "Doc" Gunther; Andrew Testo, D, Milford, rookie candidate for the 14th district who lost to Win Smith Jr.; and William A. Finch,

D, Bridgeport, candidate in the 22nd district who upset incumbent veteran Angelina "Lee" Scarpetti.

Half a dozen candidates from Bridgeport, both eventual winners and losers in the race for Connecticut State Assembly, were present or represented.

Vallorie Clark, R, candidate in 124th district, lost to Curtis E. Newton II.

Hector A. Diaz, D, state representative from the 130th district in Bridgeport was defeated in the primary but ran on as a write-in candidate.

Curtis E. Newton II, D, Deputy Majority Leader in 124th district held his seat to Clark.

Jose O. Quiroga, R, rookie candidate in the 130th district lost to Felipe Reinoso.

Felipe Reinoso, D, candidate in the 130th district defeated incumbent Diaz on his way to winning the seat.

Jeffrey Tisdale, D, Bridgeport, stood in for incumbent democratic assemblyman Christopher L. Caruso from the

126th district who held his seat to Willie T. Smith.

Richard O. Belden, R, Shelton, incumbent in the 113th district, held his seat to Jim Oraziotti.

The Natural Law Party, a non-traditional group whose members have been known to practice transcendental meditation to levitate themselves as well as an entire city in order to reduce crime, was also represented.

Gail Darby, Branford, the party's candidate for Connecticut's third Congressional district, who lost to incumbent Democrat Rosa DeLauro, stood in for her party-mate, Terry M. Nevas.

Nevas, Wesport, the party's candidate for the 133rd Assembly District lost to Republican Cathy Tymniak, Fairfield, who filled the seat a year ago after her husband's death.

Andres Ayala, D, represented Bridgeport City Council's 131st district.

Anthony Ball, J.D., instruc-

tor of American government and history, moderated the forum. The three-part forum consisted of questions from Ball and members of a BSU panel, follows-up from BSU and the audience, and finally informal questions from the assembly. He began by asking all candidates what they felt should be done to increase youth civic engagement and political participation.

Testo, who attended HCC last semester, began by recognizing his former sociology professor, Barbara Richards, Ph.D., as an inspiration to his political aspirations and wishing her current students to take the initiative to succeed.

This 26-year-old college student and Milford alderman, accompanied by his parents and girlfriend, told his peers in attendance that despite the challenges — especially financial — a collegiate politician faces, the potential to make a difference is worth the effort of running.

"We need true, honest representation up in Hartford," the Bridgeport native with some

family political history said, "somebody who has no strings attached to big government or special interests.

"Somebody who is going to be the voice for people who really need something from Hartford and that's the students."

Finch, who only attended briefly having a conflicting campaign appearance elsewhere, also encouraged all those of age to register to vote as the only way to have their concerns heard by politicians.

"You have to start now while you're young to make a difference in the electoral process," Finch said.

"When people come up to me and say, 'Well, I'm not registered,' I can't waste my time to talk to them," Finch said, citing the thousands of registered constituents that demand his attention. "If they can't vote, I can't talk to them. I don't have the time."

He pointed out that a few votes can make a difference in a local election.

Diabetes hits home at SHU

By Jason Reid
Contributing Writer

Diabetes is a disease that effects people today in all different walks of life. When the body doesn't produce insulin in the pancreas, the body can't make use of sugar. If this is untreated, diabetes can lead to blindness, vascular disease, kidney disease and many other problems.

A recent study that was conducted by the Centers for Disease Control showed that diabetes effects 6 percent of the population. Also, 1.2 million Hispanic Americans have diabetes and 675,000 Hispanics have the disease but don't know it.

The disease is most common among middle age and older Hispanic Americans while the age varies for all

other Americans. One in five Hispanic Americans over age 45 has diabetes. Hispanic Americans have higher incidents of diabetes complications such as eye and kidney disease. The common complications for other Americans with diabetes is heart disease.

There are three types of diabetes; type 1, type 2 and secondary diabetes. Eighty-five percent of diabetics have type 2 diabetes. Type 1 diabetes deals with the inability to produce insulin, whereas type 2 diabetics don't have to take insulin shots daily. Secondary diabetes is a result of pancreatic surgery and overactive glands.

Time Payme, a senior from Jewitt City, was diagnosed with type 1 diabetes in his sophomore year of college. "It has totally changed my life, and I think it has made me a

better person," said Payme. Payme is athletic, but says his condition does not slow him down at all. But he adds his eating habits have changed.

"I eat five times a day, breakfast, brunch, a late lunch, dinner and a bedtime snack," said Payme. Payme injects himself with insulin three times a day to regulate his body's metabolism.

Darren Williams, a freshman from East Hartford, was diagnosed with diabetes three years ago. His father is also diabetic and has been hospitalized in the past for high blood sugar. "I have learned a lot from my father, and we work together to keep ourselves healthy."

Being overweight or physically inactive is a major risk factor for developing diabetes. Doctors today are working to find a cure for diabetes.

Thanksgiving: A day of food and family

Continued from page 1

Spanish foods for my Spanish side of the family. For my Indian side, we eat chicken curry."

Some students go their own way for Thanksgiving as well. Stacy Bennett, a senior from Hamden said, "My family's unique tradition is we all drink a lot of wine, get drunk

and talk about the other family members who aren't there... and along with the traditional foods, my mother also serves turkey's neck on the side."

Chemistry: Shakhshiri entertains and informs

Continued from page 1

friction.

"My parents were a big influence in my life. They

always encouraged me to ask questions," said Shakhshiri.

His high school geography teacher also had a positive impact in his life by teaching him how to visualize things in

a new way.

Shakhshiri's said his teacher told the class, "Pretend you're flying over what you're trying to describe and describe it."

OPPORTUNITIES FOR INVOLVEMENT: GIVE FAMILIES A REASON TO SMILE THIS THANKSGIVING SEASON!

Wednesday Nov. 29th Habitat: Painting Recycling Boxes
Need Volunteers from 2-3 p.m.
Call Darlene Harris 365-7622

Tuesday Nov. 21st St. Charles needs help with Thanksgiving baskets.
9-12 a.m. and 4-6 p.m.
Contact Phyllis Machledt
365-7622

St. Lukes Church. Volunteers needed to help Serve and Cook dinner.
4 people needed the first and second Wednesday of every month
St. Lukes Church. 510 Wilmont Ave, Bpt.
Contact Phyllis Machledt
365-7622

Habitat for Humanity Work Days
Need Volunteers Nov. 18 - Dec. 2.
Contact Phyllis Machledt
365-7622

UMOJA is planning a meal swap to raise money for hunger
Contact Marvin Royal for further direction and dates

Toys for Tots needs NEW
and unwrapped toys by Dec. 15
Contact Chairs TJ Moore and Dan Gorton

-Compiled by Gaetano Marra, Jr.

Public Safety Releases

Incident report from Nov. 5 to Nov. 11

Nov. 5: 7:12 a.m.- The Public Safety Office received a report that an exit sign was vandalized. Public Safety Officers responded and filed a report.

4:14 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated from plastic burning.

4:15 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Fairfield Police and Fire Department responded. Alarm was activated from a malfunction.

7:20 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated from a malfunction.

7:24 p.m.- The Public Safety Office received a report that a room was vandalized. Public Safety Officers responded and filed a report. Public Safety is investigating.

Nov. 6: 8:31 a.m.- The Public Safety Office received a report that a door was vandalized. Public Safety filed a report. B&G cleaned up the mess.

1:31 p.m.- The Public Safety Office received a report that a parked car was hit. Public Safety Officers responded. Police assistance was declined. Public Safety filed a report.

3:32 p.m.- The Public Safety Office received a report that a car backed into another. Public Safety Officers responded. Fairfield Police responded. Public Safety and Fairfield Police filed a report.

10:33 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by accident.

Nov. 7: 12:26 p.m.- The Public Safety Office received a complaint that a resident was receiving mean phone calls. Public Safety Officer responded and filed a report.

3:41 a.m.- The Public Safety Office received a complaint that a bedroom was vandalized. Public Safety Officers responded. B&G cleaned the mess.

3:40 p.m.- The Public Safety Office received a complaint that a car was vandalized. Public Safety Officer and Fairfield Police responded. Public Safety and Fairfield Police filed a report.

4:06 p.m.- The Public Safety Office received a complaint that there were residents smoking marijuana. Public Safety Officers responded and confiscated illegal substance.

6:36 p.m.- The Public Safety Office received a report that a student was having a seizure. Public Safety Officers responded. 911 was called. Student was transported to St. Vincent's Hospital.

11:04 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated from a malfunction.

11:34 p.m.- The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by accident.

Nov. 8: 8:25 a.m.- The Public Safety Office received a complaint of a stolen laptop. Public Safety Officer responded and is investigating.

4:48 p.m.- The Public Safety Office received a complaint that a resident was being harassed. Public Safety Officers responded and filed a report. Resident did not want any actions taken against the other resident.

Nov. 9: 12:30 p.m.- The Public Safety Office received a report that an instructor got her hand caught in a desk. Public Safety Officers responded. Public Safety was able to free her hand. Instructor sustained minor injuries.

6:58 p.m.- The Public Safety Office received a report that there was a motor vehicle accident with a minor injury. Public Safety, Fairfield Police, and AMR responded. Student was taken to St. Vincent's Hospital via Ambulance.

Nov. 10: 1:54 a.m.- The Public Safety Office received a report that a resident injured her hand. Public Safety Officers responded. Resident was given an ice pack. No other medical assistance was needed.

3:57 p.m.- The Public Safety Office received a complaint that there was an intoxicated visitor at a dorm. Public Safety Officers responded. 911 was called. Visitor was transported to St. Vincent's Hospital via ambulance.

Nov. 11: 12:49 a.m.- The Public Safety Office received a report that a resident who was banned from campus discharged a fire extinguisher. Public Safety Officers responded. Resident was escorted off campus without incident.

6:53 a.m.- The Public Safety Office received a complaint that a faculty member tripped and fell. Public Safety Officers responded. Faculty member refused any medical attention.

7:35 p.m.- The Public Safety Office received a complaint that a resident was having stomach pains. Public Safety Officers responded. Resident was transported to St. Vincent's Hospital via ambulance.

Editorials

State of the University Address vital

Forget about your 7:45 class, forget about Karaoke night at the Page, on Nov. 29 each and every SHU student who's wanted to get the ear of an administrator but hasn't been able to should drop their plans and attend the third annual State of the University Address.

Even if you're an editor at the Spectrum, it is very difficult to find time to talk to any of the high level administrators at Sacred Heart with issues that you want to discuss with them. But thanks to the State of the University Address, every administrator that is normally difficult to track down will be available to hear your questions and concerns.

Sacred Heart students have a reputation for complaining left and right about the way this school is run and doing nothing about it. Well, if those students are really that upset about how this school is run, then they should get their acts together and march down to the Theater.

Even if you just want to tell them you think they're doing a great job (but judging from last year's event, that won't be very many), you should take advantage of this once a year opportunity to do so.

Why should parking tickets prevent registration?

We realize that the policy of having to pay for parking tickets before registration doesn't come directly from Public Safety and they're just doing their job, but we feel the administration needs to take a look at the rules students must follow in order to register.

If you're a SHU student who has amassed a great deal of tickets and can't afford to pay them before you registrar, that could screw up an entire semester. Your classes and financial aid could potentially be cut. SHU is going to get their money one way or another, so it would probably save the students and the public safety office a great deal of headaches if a different solution is reached.

Why not add parking tickets on to a student's tuition instead of making them pay before they register for classes? That way students who parked illegally can still register and when the tuition bill comes, they will have the opportunity to pay then. This way a student's schedule and financial aid will remain intact and public safety won't have the headache of dealing with angry students who don't know how to park.

STRAIGHT FROM
THE HEART

A BOOKSTORE TRAGEDY

By Jeff Murray



The SHU Voices

-Compiled by Jennifer Simeonidis

Where do you think all of last week's Spectrums that magically disappeared went?



Shara Secondo
Enfield
Sophomore

"Maybe the floor opened up and swallowed them."



Nicole Finn
Queens, N.Y.
Freshman

"Maybe they grew legs and walked away."



Stacy Servideo
Worcester, Mass.
Junior

"I don't know, it must be a conspiracy."

Time constraints can be managed with proper planning

My initial introduction at Sacred Heart was with Ed Donato at University College. After a number of meetings trying to come up with a plan of study that would best suit my needs, we decided that in order to graduate with a BS degree in general studies and be accepted into the education program, I would need to take 54 credits.

The first of many decisions I would find myself making was whether to begin my return to college taking one or two classes a semester or enrolling full time.

Like many returning students, I felt that the only thing holding me back was whether I was going to have enough time. I barely had any free time after work as it was, how was I going to find the time for 15 hours of class-

es per week, not to mention the time needed for homework, housework and a social life.

In the many discussions I've had with other students in my situation, they all agree that time is one thing there never seems to be enough of. I know it's the same for the younger students, however the commitments to wives, husbands, children and work that younger students are not faced with, can be overwhelming at times.

Without fully realizing most of the time constraints, and after much encouragement from my wife, I decided that even though a full time schedule would be difficult, it was the only way for me to get what I wanted - a completed education in a realistic time frame.

My initial challenges, aside from the daily time constraints, was to relearn how to take notes,

study for tests, and write papers at the college levels. Having the discipline to attend classes three hours a day, five days a week, in my first semester in nearly 15 years was quite daunting. I was very lucky to have teachers like and Dr. Walker who really reminded me what learning was all about.

I was also very fortunate to have the people in my life outside of school for support. My wife, who would help me with studying and keeping track of my schedule, and my place of employment, which was very flexible in allowing me to put in my 30 to 40 hours of work every week at different times.

Lastly, a great deal of guidance came from the education department, especially Dr. Gioiella, Dr. Gangi and Dr. Murray, who all sat patiently with me at different times answered

any and all questions I had for them regarding choosing and scheduling of classes. Because of their direction and instruction I was fortunate enough to receive the Certificate of Excellence in Leadership Award for having a 3.9 GPA in my discipline when I did graduate this past May.

I believe this was a direct result of me recognizing early with their help, the commitment and sacrifices adult students need to make when they return to college to finish up, or continue with their education.

Looking back to the Fall of 1998, if you were to tell me that in a little over 10 years I would have finished my undergraduate studies and was going to graduate again in May with my MAT, I wouldn't have thought it was possible.

Edward T. Cammarata

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged.

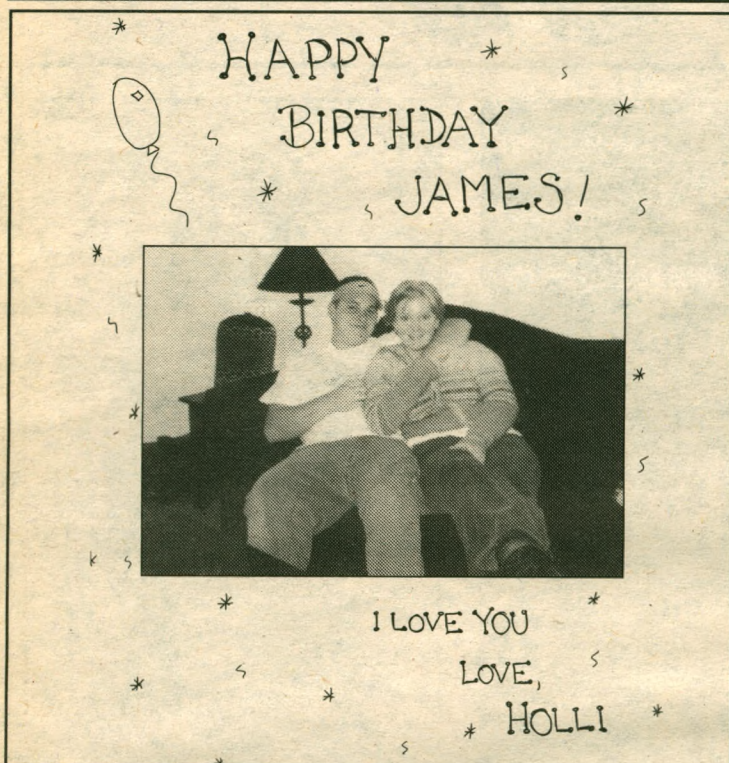
All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

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Letters/Op-Ed

Please submit your letters to the Spectrum office on Mondays between the hours of 10 a.m. and 6 p.m. or slip them under the office door. Letters must be typewritten and signed and may be edited. Please indicate title or class and telephone number.



Congratulations from CCO to the following

CCO Representative of the Month- Amanda Veautour

CCO Club of the Month- Women's Rugby

CCO Program of the Month- Blood Drive

Greek Organization of the Month- Beta Delta Phi

Greek Council Representative of the Month- Lauren Pacello

Senator of the Month- Dave Parkin

If you want to place a birthday announcement...

- Submit the text as you want it to appear.
- Photos may also be included, but aren't required.
- You can design the ad yourself or we can design it for you.
- The fee is \$20, checks only, written out to **The Spectrum**. No cash, credit cards or any other form of payment.
- Submissions must be in by the Monday before the issue comes out
- Drop announcements off in the Spectrum office.



Happy
Birthday
Nikki, Jess
and
Adrienne!

Love, your sisters of Delta Phi Kappa



There was a time, 21 years past
2 lovely girls were born at last.
Bringing joy to all they knew
and then they entered SHU!
Gigglin' chief no fun and Little Fo
AJM Goddess, she's gotta row.
4 years of smiles, 4 years of fun
and now you'll both be 21!
Happy 21st Birthday
girls!
we love you!
♥ Nikki, T., KT, & Jen



The Weather Corner

Friday- Sunny,
Hi 50, Lo 33

Saturday- Showers,
Hi 53, Lo 34

Sunday- Partly Cloudy,
Hi 52, Lo 35

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Class of 2001 branching out

By Tom Wuestkamp
Class of 2001 President

Hello Class of 2001, this is Tom Wuestkamp and I am representing our class this year as president.

As a representative, I am taking this time to invite you to become a part of our board.

We have three committees to serve as an outlet for you to do so: Programming, Fundraising and Community Service.

Each of these committees is vital for us this year. They are there to help you have a voice in the events that we plan including Pub Nights, Flea Markets, meetings with our adopted family and of course, Senior Week.

If you are not interested in getting involved, but still want to bond with our class, then you can take advantage of our upcoming events.

They include a trip to Foxwoods on Nov. 30 (cost is \$15), and a Christmas Pub Night at 10 p.m. on Dec. 6 in the Outpost.

In addition to our class events, the Student Government Executive Board is hosting the third annual State of the University Address at 7 p.m. on Nov. 29 in the Theatre.

If you are interested in getting involved, please contact me in the Student Government office at extension 7954, e-mail me or come to our weekly meeting at 5:30 p.m. on Wednesdays in the Mahogany Room.



Features



Photos by Keysha Whitaker

What does it mean to be Catholic?

By Keysha Whitaker
Features Editor

Father David Ihenacho, campus minister, is trying to educate and encourage young Catholics at SHU.

The Spectrum sat down with Ihenacho to find out more.

Q: How was the name of the group developed?

A: Originally, I wanted to name the group a Social Study of the Catechism of the Catholic Church. But after our first meeting, we found the name catechism does not go well with young people, they think it is indoctrinating them, or may think they can't study unless they are receiving the sacraments.

So we decided to name the group A Group Study of the Catholic Faith.

Q: Why was the group developed?

A: "The danger we have nowadays is spirituality without much basis in the community doctrine. Some of us are worried that some of our young people need to be taught, this is what we believe, and this is what we want you to realize in case someone asks you what you believe. In case of questions like 'why do you go to church', 'why are you a catholic?' Many of the times we find that young people do not have an answer to this, and the may drift away like a reed in the wind.

Q: Whose idea was it?

A: The group was my idea. In two high schools I taught scriptures. Once I asked who Jesus was, and one boy asked me if he was someone we had seen in a movie. Similar issues arose here, so I suggested the group to my colleagues and they supported it.

Q: How did you promote the group and how has it been successful?

A: We advertised all over the school and got about 10 replies, only four or five are showing up. After around five months, other study groups will branch off.

People will graduate and form other study groups so we can reach as many people as we can.

Q: Won't the new study groups be duplicates of this one?

A: No, they will have to right the branch off. The can study whatever they want to study, but there will be an ordered leadership. They will know their resources and how to address some of the questions that may come up.

Q: Can you give some examples of issues the group will address?

A: We address the issue like the meaning of life, the basis of immorality, who is Jesus Christ, what does your church believe visa-vi other churches with regard to issues like the resurrection of Jesus, other Biblical figures like Mary, and the structure, organization, and morality of the church. Some of these may be worrisome to some young people. We want to help our young people come to grasp with these.

Q: Have people been supportive of the group?

A: I have not experienced any opposition. Even the President asked me when I would start and he told me to just start with the numbers I had. Sr. Donna Dodge has been very supportive. It is only one hour a week and people come out, have a good time, and learn.

Q: Has anyone expressed concern for forming groups for other faiths?

A: I have met with a number of people to form different groups, like Baptists faiths, and Muslim students. I asked Tina Shah if she would organize a group of Muslim students. And others as well. My interest is to get the young people to learn their faiths and be comfortable in what they believe. It just so happens that I am a Catholic priest, so I have to start from where I am.

Q: Do members of the group have additional responsibilities from week to week?

A: That is a catch we are used to. There is no homework. Members don't need to buy anything. We



Father David Ihenacho of SHU
Campus Ministry

have books provided by campus ministry, we only want you to come and learn.

Q: What is one thing the group hopes to accomplish?

A: Many people may think their own faith is empty, but what is empty is the knowledge. If they get to know more of their faith and the spirituality of their faith then they will be happy.

We want to communicate that if you take some time, to get to know your faith and be comfortable in your faith, instead of confusing yourself.

See how much you can learn about your faith before you decide if you will believe.

We must reach the young people and teach them the faith, because a very ignorant generation is a disaster for any kind of institution.

A Group Study of the Catholic Faith meets Thursday at 6:30 p.m. in the Campus Ministry Office.

SHU students give handful of heart to city kids

By Keysha Whitaker
Features Editor

How many hands does it take to screw in a light bulb?

Nowhere near as many as it takes to plan the annual Helping Hands Holiday Party at Sacred Heart University.

And this year, it's going to take many more.

Senior Lisa Cefaloni of Danbury, CT, is the advertising chair for the Helping Hands committee and said, "we are in desperate need of money this year."

Helping Hands was brought to Sacred Heart University four years ago by Hank Parkinson, who was a graduate assistant.

Senior Caitlin Hurley of Barnstable, Mass., is chair of the odds and ends committee.

Cefaloni and Hurley explained the goal of helping hands.

"The full committee gets together and then we are split up, and begin to advertise. Our goal is to raise money so we can buy gifts for the underprivileged kids of Bridgeport," Cefaloni said.

Senior Diana Oseff is the entertainment chair, and senior Heather Brande is the decorating committee chair.

"We invite 100 kids and they each give us a wish list," explained Hurley. "We try and buy them one outfit and two toys from their wish list."

"Most of the time it's nothing big, it's usually like a jump rope, or a ball," Hurley said.

"One of the little boy's on our wish list, wanted a jump rope for his sister..."

Caitlin Hurley

The money for the toys and entertainment comes primarily from the sale of the hands in the dining hall, letters are sent to area corporations and donations from clubs.

Both Hurley and Cefaloni

are involved on campus. Hurley is the Community Service Chair for the Class of 2001, as well as the SET co-sponsorship chair. Cefaloni is the Treasurer for the Class of 2001.

Both have had the chance to see Helping Hands grow.

"I think more people know about it. People wait for the hands to come out," Hurley said.

"Clubs are allowed to sponsor a table and can make crafts, or sponsor a game, like the limbo or musical chairs," Hurley said.

Participation has grown; 19 clubs signed up this year.

Being a part of Helping Hands is a rewarding experience.

Hurley recalls one of her most memorable moments.

"One of the little boy's on our wish list, wanted a jump rope for his sister.

That makes me cry. The kids are really in need. They are not asking for anything big like t.v.s."

"I think it is rewarding that Sacred Heart can reach out and give community service.

It helps create a good name for the school," Cefaloni said.

K-Mart and The Wiz lend a Helping Hand to SHU

By Nicole Lee Acquafredda
Contributing Writer

Have you seen the interesting display of decorated hand cutouts in the cafeteria lately?

It's Helping Hands time again.

The Helping Hands program is one of the newer organizations on campus.

It is a non-profit direct organization that benefits the less fortunate children of Bridgeport. This program has grown, starting off with eighty children and has gone up to one hundred children from three different shelters.

The children and sponsors come together to celebrate the Christmas Holiday.

Some of the fundraising is done by selling hand cutouts on and around campus.

The pledge gets to decorate their hand. The decorated hands are then put on display in the cafeteria.

Some sponsors include K-Mart and The Wiz. The money raised from the fundraiser is then used to purchase gifts from

the children's holiday wish lists.

This year the big Christmas party will be held on Dec. 9, in the Pitt Center.

Other SHU groups and clubs will come together on this day to contribute activities to make this a special day for the children. Past activities have included decorating picture frames, and cup cakes, musical chairs and a picture taken with Santa.

Jodi Seguna, a junior from Holbrook, N.Y., is a three-year veteran of the Helping Hands program. "Fundraising is our main goal but the excitement on the children's faces is priceless."

Seguna has been actively selling hands since her freshman year and is very dedicated to the program.

"Helping hands makes children's wishes come true and being a part of that is an overwhelming experience."

The hands are on sale for a dollar in the cafeteria during lunch and dinner.

Students can help make the holiday memorable for the children by buying a hand.

Students fight war against eating disorders

By Lori Singer
Contributing Writer

Do you know someone who is constantly talking about their weight, skipping meals, or exercising vigorously because they are afraid of gaining weight?

If you do, chances are this person may have an eating disorder, or is at risk for developing one in the near future, if not helped.

Nationwide, "approximately 5-10% of postpubertal girls and women suffer from an eating disorder or borderline condition," cites the Eating Disorders Awareness and Prevention Incorporated (EDAP).

According to the EDAP, "anorexia nervosa is characterized primarily by self-starvation and excessive weight loss."

Bulimia, at the other extreme, involves "a secretive cycle of binge-eating followed by purging." Both of these disorders have the potential to be life threatening, if they go untreated.

Jocelyn Novella, a personal counselor at SHU, addressed two common misconceptions about anorexia nervosa and bulimia.

First, many are not aware the two are "addiction disorders."

"A bulimic or an anorexic is just as afraid of losing their behav-

ior (whether it be bingeing and purging, or starving themselves), as a drug addict is of losing their drug," Novella said.

Second, most people assume that eating disorders are about food, when the reality is something very different.

"Eating disorders are about emotional issues and control," Novella said.



Novella is the head of a task force comprised of faculty, students, and professionals. The group is designed to inform and hopefully prevent the spread of the diseases.

Currently, there are thirty-five members.

Also, an eating disorders support group has been active for the last four years at SHU.

There are cases of eating disorders on campus.

After randomly sampling 100

to 125 SHU students about eating habits during Eating Disorders Awareness week last February, it was discovered that "17% of them were at risk for either anorexia nervosa or bulimia," Novella said.

This year at orientation, freshmen were asked to fill out a questionnaire that incorporated some of the questions.

The results were devastating.

"Seventy-five students who showed tendencies toward an eating disorder," Novella said.

Counselors contacted those students, but only seven replied.

These were given the opportunity to become a support group member, or meet with a personal counselor.

Only four met with a counselor. And only three wanted to participate in the support group, one short of the necessary number.

Novella anticipates they will be able to have a support group shortly.

"A lot of people are afraid of the confidentiality issue, but we have never had a problem. It is just a matter of convincing the students of that fact," she said.

If you do know someone who you think is exhibiting signs of eating disorders, it is important for you to take action.

See Disorders, next column

Disorders: problem for some

Continued

Literature provided by Novella gave suggestions for action.

"Silence will not help, and the problem will not go away if you ignore it or wish it away. It is important that you use 'I' statements when speaking about your feelings. Do not try to control the person's behavior. You can't. Nothing can be said to convince them, so do not try to

bribe them. Do not constantly monitor their eating habits; instead try to be a good role model."

Novella also suggests that when the person is talking to you about their weight or food intake, "change the subject and try to engage the person on an emotional level by asking them how they are feeling."

Do not expect miracles because eating disorders are "impulsive, irrational, and compulsive" by nature.

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A&E

Arts & Entertainment

Take a stroll through the forest with Robin

By Erica Beaulieu
Contributing Writer
Play Review

Get out your green tights and your feathered hats once again and get ready for another rendition of the play "Robin Hood" as performed by the SHU players. Forget Disney and Kevin Costner, this is how Robin Hood was meant to be portrayed.

Directed by Rick McKinnon, Don Nigro's "Robin Hood" is full of sidesplitting humor, witty lines and clever innuendoes, mostly geared toward college students.

Yet everyone can enjoy this full-length comedy production for the fantastic sword fights and outright hilarious lines and conversations.

Whether it is in Queen Eleanor's famous line illustrating the best part of Sherwood Forest, or Prince John's continuous bad luck with jesters, the

characters of "Robin Hood" literally come alive in the cast of the play.

The actors and actresses themselves are what really seemed to take this production into flight. Their lines were clever as each cast member fully portrayed the characters.

This is a Robin Hood you've never seen before. He is concerned not only with his fellow woodsmen, but beyond Sherwood Forest as well, to the villagers living in the farms on the king's lands. Bringing the naïve Maid Marion with him along on his travels, he educates her in the ways of life outside her father's castle.

Although some of the characters were lacking somewhat in depth, the majority of the characters made up for the lack of development in others. However, the cast's efforts and overall skill at illustrating the plot and characters portrayals is well done.

Opening this coming



Wednesday, "Robin Hood" will have a student appreciation production at 2, followed by pro-

ductions at 8 o'clock the 15th through the 18th and at 2 on the 19th. Admission is \$3 for SHU

students, \$5 for senior citizens, and \$10 dollars for general admission.

A closer look at albums that should have been hits

By Joseph Brigante
Contributing Writer
Album Review

The last three decades of great albums were the 1960's, 70's and 80's. These were times when albums were worth more than the price you paid. These were albums where virtually every song included was brilliant and solidly produced.

"Help!" (1965) from The Beatles is a classic of its time and now. Not only does the album contain the commercial hits "Help!" and "Ticket To Ride", top-notch songs like "You're Going to Lose That Girl" and "You've Got To Hide Your Love Away" are also included. These four songs alone told the world John Lennon had the most dominant voice in the group. "I Need You" from George Harrison is also winner on this album. Luckily, since the CD is the British version of this album, we get to hear more than songs from the hit film. We have Ringo Starr sing "Act Naturally", which is an extremely amusing piece of work. The hit "Yesterday", sung by Paul McCartney, is included, which is a masterpiece in its own right.

The next album is the soundtrack from "The Graduate" (1967). This even

deserves credit today for being a real soundtrack, since every song and instrumental music that was in the film is on the album.

Not only do the above average instrumental songs from David Grusin give you nostalgia of the film, like "The Singleman Party Foxtrot", and "A Great Effect", so does Simon and Garfunkel's songs. We get two versions of "The Sounds of Silence", the original studio version, and the version where we hear the Paul Simon giving us even more guitar play. Also from Simon and Garfunkel are an extended version of "Scarborough Fair", with an instrumental version, and "April Comes She Will". We also are giving the original version of Mrs. Robinson, which is different than the commercial version we always hear on the radio. This is one of the great soundtracks of all time.

The "Saturday Night Fever" (1977) soundtrack proved to be better than the biased film of the same name. The Bee Gees rock the world with "Night Fever", "Staying Alive", and "More Than A Woman", while The Trammps rock with "Disco Inferno". Yvonne Elliman singing "If I Can't Have You" written by the Bee-Gees, is one of the most flashy songs of the time. This is also the best sell-

ing rock soundtrack in the world.

Billy Joel's "52nd Street" (1978) is not only his most successful album to date, but also his best. Billy wrote all the songs, while Phil Ramone produced the whole album. It contains the hit "My Life", with every other song also getting thumbs up, such as "Honesty", "Rosalinda's Eyes", "Zanzibar", "Stiletto", and the title track. This is really Billy Joel's centerpiece album, and rightly so.

During the early 1980's, Culture Club, whose lead singer is Boy George, came out with their first album, "Kissing To Be Clever" (1982). This album contained the winners "Do You Really Want To Heart Me" and "I'll Tumble 4 Ya", plus dance classics like "I'm Afraid of Me", Boy, Boy (I'm the Boy) and "You Know I'm Not Crazy". The song "White Boy" is also a stand out as George raps.

Madonna reached number 1 on the charts for the first time with her "Like A Virgin" album (1984). With the help of producer Nile Rodgers, this is Madonna's most solid album. It contains the hit title track, which was the most unforgettable song of the year, while "Material Girl" is also included, another smash hit. Yet, the rest of the songs on the album are magic such as "Angel", "Dress You



Albums like Madonna's Like a Virgin and the Beatles' Help are considered to be albums that are great hits.



Up", "Stay" and "Love Don't Live Hear Anymore". This album also contains the best song Madonna and Stephen

Bray ever wrote, the drum beating "Pretender". This tour de force is the best female album of the 1980's.

Gone In 60 Seconds a non-stop ride of excitement

By John Ruggiero
Contributing Writer
Film Review

His attitude is reminiscent of a cool man's James Dean. And she is as tough as a nail, but very sexy as well. Nicholas Cage and Angelina Jolie tear up the screen in the summer smash hit *Gone in 60 Seconds*.

Nicholas Cage stars as Randall "Memphis" Raines an ex-car thief now working as a mechanic in a serene California town until Atley Jackson, Raines' best friend played by Will Patton, pays him a visit.

Patton is a Bruckheimer favorite, as he played the best friend or sidekick to Bruce Willis and Denzel Washington in the films *Armageddon* and *Remember the Titans* respectively. So Jackson's message to Raines is simple.

His services in car thievery are needed immediately or Raines' brother is going to be killed. Raines' brother is played by Giovanni Ribisi who you'd remember from *The Mod Squad* film and his role in *The Other Sister* is unlike his brother Memphis, in that he has yet to clean up his act and give up the car thief business. And now his life is on the line over it and it is up to his brother to save him.

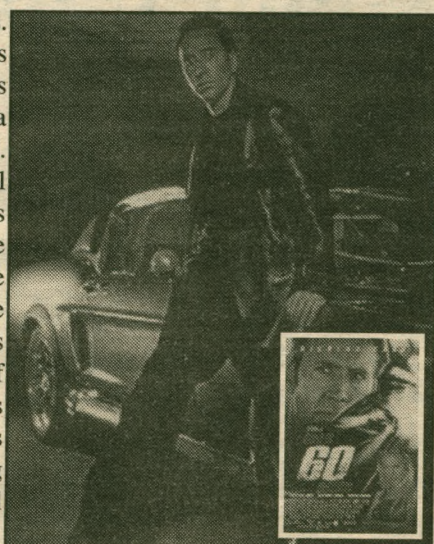
The mission is simple, and unlike Tom Cruise in *Mission Impossible*, yes this mission is

impossible and dangerous. The catch is that Raines must steal fifty gorgeous state of the art cars in a twenty-four hour period. But here's another catch, all fifty cars must be the ones on the Christmas list made up by the "bad guy" of the film or else brother will be spitting up dirt. Memphis Raines is a great car thief but not even he can pull this off on his own so he needs to enlist the services of long time friends to help pull this mission off.

This is where Jerry Bruckheimer's brilliant trademark pays us a visit. Bruckheimer the producer of *Gone in 60 Seconds* shows us a little similarity in relation to his prior film *Armageddon*. Just like Bruce Willis gathering up a crew of men to fight off a comet about to tear our world as we know it to shreds.

Now you have Nicholas Cage gathering up his merry men and "woman" car thieves and mechanics to help pull this off. Only this time it's not all of mankind at stake here, it's just the life of Memphis Raines' little brother.

This is also where the screen starts to sizzle, as Angelina Jolie or her nickname in the film "Sway" former girlfriend of Raines comes in to help on the mission. The chemistry between the two is great and makes the film work not



only from an action adventure aspect, but also gives the movie a little romance as well. Robert Duvall from films "Network" and "Phenomenon" and also known for very long time as a classy and respected actor in the film industry, makes an appearance as a mechanic who is kind of a father figure to Memphis Raines, and joins Raines' crew to help with the job.

Jerry Bruckheimer produces one of his best films yet with *Gone in 60 Seconds*, that can rate up there with the 1998 summer hit *Armageddon* and his latest smash *Remember the Titans*.

It's the wild non-stop action, good story line and great acting that help make *Gone in 60 Seconds* a hit. Not to mention the wild car chase scene like no other that keeps you on the edge of your seat for the entire ride.

A&E Briefs

What's your talent?

Student's Events Team is sponsoring a talent show at 10:10 p.m. on Nov. 16 in the Outpost. All students are encouraged to show off a talent.

New Movie Showing

Students Events Team will be showing the movie "Gone in 60 Seconds." Showtimes are at 7 p.m. on Nov. 17 and 18, and at 2 p.m. on Nov. 19 in the Shine. Admission is free for all students.

What's going on at SHU?

The Annual State of the University Address will take place at 7 p.m., on Nov. 29, in the Theater. All students are invited to attend to express their questions and concerns about the university.

BINGO

Students Event Team will sponsor bingo at 10:10, on Nov. 30 in the Mahogany Room. Prizes will be given out. All students are welcomed.

Seniors only!

The senior trip to Foxwoods will take place on Nov. 30. The bus will leave public safety at 7:30p.m. and the trip will cost \$15.

Thanksgiving break

Break will last from Nov. 22 until Nov 26. Just a reminder that the class of 2002 Semi Formal tickets will go on sale on Nov. 27.

-Compiled By Megan Flood

Student perspective on the 2000 Election

By Elaine McCauley
Contributing Writer
Political Perspective

In the 2000 Presidential Election, most Sacred Heart Students were eligible to vote for the first time in their lives. However, almost one week after the polls have closed across the nation, no one knows who will be the next President of the United States.

The state of Florida still has not come to a conclusion as to who won the Popular vote there because on early Wednesday morning it was still too close to call. election officials are recounting the votes to determine who will win Florida, its 25 electoral votes, and subsequently the Presidency. A wide range of students had different reactions to this surprising unknown outcome.

Brad Carson, a sophomore from Methuen, Mass. said, "I think that the entire idea of electoral votes is preposterous.

They should just use a popular vote." In CBS news National Exit Poll, cities with over 50,000 people and suburbs sided with Gore, While 56 percent of the population in rural areas voted for Bush.

Each state has all three of these types of places to live, so winner take all electoral vote does not show the best representation of how the state truly voted.

"...students had different reactions to this surprising, unknown outcome."
Elaine McCauley

Kristin Bremner, a sophomore from Massapequa, N.Y. commented, "Gore seems to care more about women's rights and education and those are two issues that are very important to me because i'm a female college student." The rest of the

nation's women also seem to agree since 54 percent voted for Gore, while only 41 percent voted for Bush.

Examining this election from a multicultural perspective, a vast majority of minorities supported Gore.

As a nation, 85 percent of Blacks voters, 66 percent of Hispanics', and 59 percent of Asians endorsed the Democratic Party- Al Gore and Joe Lieberman. Freshman Joanne Ong from Riveredge, N.J. stated, "I supported Gore mainly because he's pro-choice. Hopefully after all of this nonsense is said and done, Al Gore will come out on top."

In a few days we will hopefully know whether George W. Bush or Al Gore is the next President of the United States. There will be various reactions to the final outcome but that is what makes our country so diverse. Even at Sacred Heart, a small, private university, students who could finally vote made their voice heard.



SHU Players' Spotlight



It's finally here! The long awaited opening of "Robin Hood" took the theater stage by storm yesterday, with both the student appreciation show and the opening night performance. But do not fear... you still have a chance to see Sherwood Forest in action!

The production will show again tonight (Thursday), tomorrow night (Friday), and Saturday night at 8PM. It will also have a closing matinee on Sunday at 3PM. All shows are held in the theater. Ticket prices for the shows are as follows: \$3 for students, faculty, and staff of Sacred Heart; \$5 for senior citizens; and \$10 for general admission. Tickets will be sold at the door, but be ready to show your SHU ID to pay the student, faculty, and staff admission rate.

In other SHU Players' news, the Christmas show, to be held in December, has been cast. A mixture of musical numbers and ten minute plays will be featured. Cast lists are posted in the theater. If you auditioned, please check the lists and be ready to begin rehearsals next week. Stay tuned for more details as the production dates grow closer...

Danielle Moreau

SHU men's ice hockey drops 4-1 and 5-1 to both Quinnipiac and Iona respectively

By Ed Bourget
Staff Writer

This past weekend the Pioneers men's ice hockey team lost to Quinnipiac 4-1 on Friday and to Iona 5-1 on Saturday.

"We lost both games this weekend because we did not play with intensity," said junior captain Pete McRae.

"We can not show up to the rink and expect to win. We must work hard for 60 minutes to be successful," said McRae.

In the game against Quinnipiac the Braves struck first when Ryan Olson's attempted pass deflected off of a SHU defenseman and into the net.

Sacred Heart was able to tie the game when junior Chris Mokos evened the score in the

second period as he netted a power play goal.

"We can not show up to the rink and expect to win. We must work hard for 60 minutes to be successful,"

Captain Pete McRae

Quinnipiac was able to score three unanswered goals in the third period to skate to a 4-1 victory. Sophomore goaltender Eddy Fehri made 37 saves in the loss.

The Pioneers did not fair any better the following night as Iona picked up a 5-1 victory.

Iona took a 3-0 lead before Sacred Heart could put the puck

in the net. McRae lit the lamp on a power play goal in the second period to record the Pioneer's lone goal.

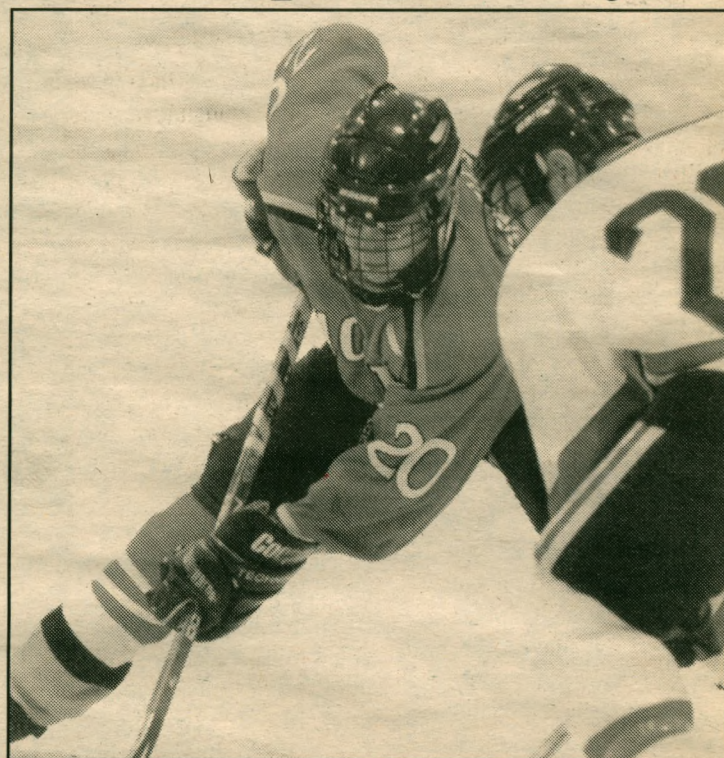
Iona took control of the game in the third period as they scored two goals early in the final frame to cruise to the 5-1 win.

Senior netminder Alexis Jutras-Binet played well between the pipes as he recorded 38 saves on the night.

The Pioneers are currently in eighth place in the Metro Atlantic Athletic Conference. Sacred Heart plays Quinnipiac and Iona in two out of their next three games.

Sacred Heart will be looking for revenge tomorrow night as Quinnipiac travels to the Milford Ice Pavillion.

The game starts at 7 p.m.



Sophomore Mike Forsland to take the face off.

X-men contend well in playoffs

By Chris Vaccaro
Contributing Writer

The cold wind ripped through Rutgers as Sacred Heart took the field. Nov. 12 marked the first game in the metropolitan playoffs for division two, rugby.

It was bitterly cold which could clearly be seen on the player's faces. SHU first faced Montclair, whom they beat during the regular season.

SHU started off strong and confident, making crisp passes and working their way quickly down the field.

After several near tries, SHU was finally able to score as freshman John Coffey muscled his way into the try zone as the first half came to a close.

New coach and former player Brian Bugnano told the team to "stay focused and concentrate on scoring another try so we can secure a win and

advance in the playoffs."

In the second half Montclair struck first which lead to a try early in the half.

Late in the second half after a tremendous run by sophomore wing Scott Miller, Max McGarr, a 255 lb. center, blasted his way into the try zone giving SHU the win. The final score was 11-5 SHU.

SHU next faced Columbia, a well-disciplined team and was able to move the ball swiftly down field.

SHU was able to stop them but not before a penalty allowed Columbia to kick for three points giving them an early lead.

SHU, fatigued, drew numerous penalties, which led to Columbia scoring a try late in the first half giving them a lengthy lead.

In the second half two tries were ruled null and void because the ball never touched the ground and a SHU player was offside.

This energized Columbia who scored in the final seconds of the game making the final score 17-0 them.

SHU traveled to number one seated Yale for their final game in playoff contention.

SHU was unable to come up victorious however the X-men have proven that through dedication and practice anything is possible.

SHU managed to be successful based on the strength of its returning upper classmen.

Key players like Guy Onorio, Kevin Walsh, John Nolan and Rich Rebasti have all developed into great players upon entering their sophomore year.

Seniors Wesely Moore, Andy Roy, Dave Bertoldi and captain Anthony Scalice have all carried the team spiritually since pre-season.

A strong crop of freshman also helped shaped the team into a force to be reckoned with.

Unsung Hero: Anderson impacts SHU field hockey

Continued from page 12

"Career wise, I want to get into teaching, and maybe even coach field hockey," she said. "I am still deciding on graduate schools."

A true athlete is not judged on how they act when everything is going as planned, but how they react when things are not always going for them, individually or from a team perspective.

"This season, we had a lot of ups and downs," she said. "As a team, we overcame them, and ended on a good note."

"The athletic department helped us out overall, and it was

a memorable experience," said Anderson.

Field hockey may not have its own professional league right now. It might not even get the recognition that it and so many other women's sports deserve.

Athletes like Ashley Anderson that go out there every day, work really hard, and leave their hearts on the field are to be admired.

If no professional careers are made of this sport, then one thing can be certain. It will continue to produce people of Anderson's caliber: people that will only contribute to the everyday world, and give field hockey the good name that it deserves.

Pioneer Classified

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Sports Briefs

Colonials defeat Pioneer women's Volleyball, 3-1

In four games this past Sunday afternoon the women's volleyball team was only able to contest just one against Robert Morris.

Robert Morris dominated the first two games winning 15-6 and 15-2 yet the Pioneers held in to hold RMC from tailing the match. In a well-played battle by both sides the Pioneers emerged victorious with a win of 16-14. The Pioneers however fell short in the fourth game losing 6-15.

The Pioneer's women's volleyball team played their final game of the season on this past Wednesday against Albany on home court.

Men and women's cross country ran in NCAA Northeast Championship at Van Cortland Park this past Saturday

Cross country ran this past Saturday in the NCAA Northeast Championship in the Bronx.

The women ran a 6,000 meter distance while the men ran a 10,000 meter distance.

The women finished 19 out of 36 teams and the men finished 31 out of 34 teams. Boston College won the race for the women and Providence won for the men.

The women beat a great deal of strong teams including Army, Syracuse, Holy Cross, Colgate, Manhattan and Fordham. They were also the top Northeast Conference team in the race, including Central Conn which finished well back in 24 place.

The women suffered the loss of key player Kim Almedia who was unable to compete due to illness.

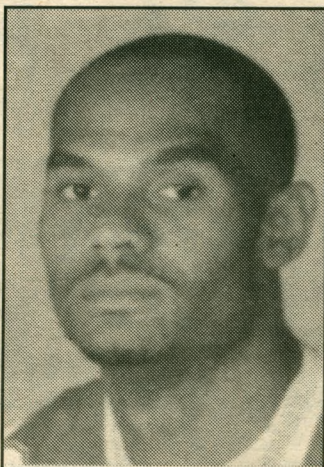
"The women really had a great race. We beat a number of more established Division I programs and surprised a lot of people in the process.

"Katie Wrinkle, Heather Stockton, Suzy D'Angelo, Christina Mendoza and Kristi Plourde all had excellent races. It's rare to have your whole top five run well on the same day," said coach Christian Morrison.

-Compiled by Keri Blair

SHU Athlete of the Week

Johnson scores opening touchdown in victory over St. Francis on Saturday



DeVeren Johnson
Football

Junior wide receiver DeVeren Johnson from San Diego, Calif. opened the scoring this past weekend with a 22-yard touchdown catch with 13:43 left in the second quarter.

Johnson caught three passes for 80 yards in the 20-0 victory over St. Francis.

"Despite poor weather conditions DeVeren came up with some big

catches. His opening touchdown really got us going.

"DeVeren is a great target for junior quarterback Justin Holtfreter being 6'6 and having great leaping ability.

"Johnson played a strong game and was vital in our victory," said junior running back and co-captain Brandon Graham.

Sports Schedule for Nov. 17- Nov. 25

Friday

Men's Ice Hockey
vs. Quinnipiac
7 p.m.

Sat. cont.

Championships
TBA

Saturday

Women's Volleyball
NEC
Championship
TBA

Football
vs. Wagner
12:30 p.m.

Cross Country
IC4A/ECAC

Sunday

Women's Volleyball
NEC
Championship
TBA

Tuesday

Men's Ice Hockey
vs. AIC
7 p.m.

Pro Sports Planner

Thursday

Islanders
@L.A.
10:30 p.m.

Devils
@ Boston
7 p.m.

Friday

Rangers
@ Vancouver
10 p.m.

Knicks
@ Phoe.
9 p.m.

Saturday

Rangers
@ Calgary
10 p.m.

Islanders
@ San Jose
10 p.m.

Devils
vs. Car.
1 p.m.

Nets
vs. Ind.
8 p.m.

Nominate an Athletic Unsung Hero

I am looking to recognize the athletic "Unsung Heroes" which grace our campus.

I briefly define an "Unsung Hero" as an athlete who is found on the field before anyone has arrived and remains long after all have gone.

It is this athlete whom the coach and players rely on. For the players this athlete is someone who can play when they cannot.

This athlete holds the character of a genuine competitor, ultimately hoping to help their team win.

They create something to be apart of, something to take pride in.

In the upcoming weeks of the Spectrum there will be a special section in the sports pages that will be designed to report a profile on those athletes.

Anyone can nominate an athlete who they feel is an "Unsung Hero." Nominee forms can be picked up in the Spectrum office or at the front desk of the Pitt Center.

You can also email any suggestions through campus email to Keri Blair or speak directly with Gaetano Marra.

These athletes work so hard and do so much for the Sacred Heart community that it is well worth the effort to recognize their importance.

Keri Blair,
Sports Editor

Sports seen as gender equals under title IX

By Cassandra Johnson
Contributing Writer

What is tough, competitive, hard working, yet goes unrecognized? The answer is women's sports, many feel.

According to the Anti-Discrimination Foundation of College Sports, women's sports fall under the category of Title IX.

Title IX is a law, passed in 1975, that asserts for any program funded with Federal Financial Assistance, there can be no discrimination based on gender.

In other words, the members of every sports team, club and intramural, despite sex, are entitled to equal benefits.

Still, the Women's Sports Foundation reports that college male athletes receive 184 million scholarship dollars more than female athletes each year.

The reason, in part, due to the popularity of men's sports teams in comparison of women's teams.

SHU complies with the laws of Title IX in that scholarships based on athletic ability are given to a proportional num-

ber of male and female students and funds are not dependent solely on popularity.

The popularity of men's sports in favor of women's could be based on the differences in the games themselves.

"The reason women's sports aren't popular is because they aren't as brutal as men's sports," says freshman Chris Graeme (Long Island, N.Y.). "They could be as popular, but women's teams have rules about no tackling and no contact. Men's teams are bloodthirsty and that's why they are more fun to watch."

Another reason for the popularity of men's sports may be attributed to tradition.

Ann Little, junior from Mahwah, N.J. and co-captain of the women's rugby team, noted that women's sports teams cannot yet be expected to be as popular, since women have only been allowed to play sports and be treated equally under Title IX for twenty years.

"Give us another twenty years," Little says indicating that true equality between women's and men's sports will only take time.



Sports



SHU tackles St. Francis 20-0

By Keri Blair
Sports Editor

Sacred Heart's football team defeated St. Francis this past Saturday at The Pine Bowl with a score of 20-0.

Sacred Heart opened the scoring with a 22-yard touchdown pass from junior quarterback Justin Holtfreter (Quartz Hill, Calif.) to junior wide receiver DeVeren Johnson (San Diego, Calif.) with 13:43 left in the second quarter. Tim Redican's kick was good.

The Pioneers increased their lead to 14-0 with a 13-yard run by junior running back and co-captain Brandon Graham with 9:39 left in the fourth quarter. Tim Redican's kick was again good.

Junior running back Marvin Royal (Pleasantville, N.J.) rushed for 158 yards and a touchdown.

Royal gained 119 of his yards in the second half and scored the last touchdown for Sacred Heart on a 27-yard run with 33 seconds left in the game.

SHU's defense with the shutout moves to second in the Nation in scoring defense with 12.70 ppg. The Pioneers are



Freshman defensive line James Williams



Sophomore defensive back Pete Athans

also seventh in the Nation in pass defense with 126.00 ypg.

"The weather conditions were extremely poor and on the field we were ankle deep in mud and puddles. It did not provide for comfortable or playable conditions. If the weather and field conditions were better it

would have been a different game and the outcome would have been even better. Those two components were big factors," said junior offensive line Marty Weimann.

"We did not play as well as we hope or would have liked although we came out with the

win. The conditions were a bit of a challenge," said Royal.

"We are very excited about this Saturday's home game against Wagner.

"In the past we did not play well against Wagner but this is a new year with a new team and we are ready to show them what

type of team we are.

"We still don't have respect within our conference and this game will be key in gaining the respect we deserve," said Weimann.

This Saturday's home game which begins at 12:30 p.m. is the Pioneers season final.

Unsung Hero: Ashley Anderson brings heart to field

Gaetano Marra, Jr.
Staff Writer
Profile

Women's athletics have made great strides in the sporting world. Comparing it now to what it was like 20 years ago is like the difference between night and day.

Organizations are constantly being formed to give female athletes an opportunity to do what they love on a professional and paid basis.

Field hockey is a sport that is very popular on the high school, collegiate, and Olympic level. However, there is no in-between. Recognition is something that appears to be lacking to these ever so hardworking athletes.

One person that has experienced this on an individual basis is Sacred Heart University senior Ashley Anderson, this

week's athletic unsung hero award recipient.

Anderson, a psychology major from Dover Plains, N.Y., has been a four-year starter for the Pioneer offense.

She currently maintains a 3.3 GPA. As a midfielder/forward, her efforts did not always show up in the goal column, nor did they reflect on the overall record of the program.

However, her hard work, leadership skills, and motivation pushed her to a unique and unforgettable career.

Senior Amy Foster, friend and person who nominated Anderson for this award, couldn't be more proud of her.

"She goes out there everyday, plays real hard, and doesn't get recognized," Foster said. "She leads by example, and I think that is very admirable."

Anderson played midfield her first three years at SHU.

This past year, she made the shift to forward. Her impact was felt immediately, as she was ranked third in the NEC in assists.



Goal scorers are always atop the newspapers as the ones who are the best players, but the players with the assists and the leaders that guide the team are truly the ones that make good teams turn great. Anderson did just that.

"I don't know if I really was successful," Anderson said. "I didn't get the goals, but field hockey is a team sport, and my teammates knew I was there. They knew that I always gave my 100 percent."

Anderson is really grateful of the support she has received. Not just from her friends and teammates, but from her parents and coach as well.

"My parents are definitely my biggest support. They missed only one game this year," Anderson said.

This was also Anderson's first year playing under head coach, Tara Jelley.

"Jelley was awesome," Anderson said. "This is the best season I've had."

"We as a team came together, and coach showed us how to win."

"She wanted to win as much as we did," Anderson said.

"We are lucky to have her, and so is the program."

No season is complete without the achievement of preseason goals. Anderson described how the team was able to meet their goals.

"There was a lot of team unity this year, and we all worked together very well."

"We had a common goal, to make it to the NEC's, and we did just that," said Anderson.

Anderson cherishes every moment she had with this pioneer field hockey squad. While anyone's future is uncertain, Anderson is determined on giving back what she has learned throughout her athletic and academic career.

"Five years from now, I probably won't be playing field hockey," said Anderson.

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